



Week Seven



PERSONAL

This week is all about kindness and communication.

Kindness to yourself and kindness to others. Let's try to include intentional moments of kindness and laughter in your daily routine. Let that guy merge into the traffic with a wave and a smile. Watch an old comedy to inspire you. Tell some corny Dad jokes to get you in the mood. Share your smile with others.



FAMILY

Have you tried reaching out to a family member who you haven't spoken to in a while? An impromptu phone call, a post card or a quick email might be a nice way to break the ice and be greatly appreciated during this Covid time.



FRIENDS

Today is a good day to send a friend an uplifting text. A few words of inspiration to let them know you are thinking about them and how they are coping in this time of lockdown and social distancing.



COMMUNITY/NEIGHBOURS

Pay forward a cup of coffee/tea at your local coffee shop for an emergency worker or someone in need of a little kindness. Your coffee shop owner will really appreciate your kindness and the recipient will also thank you immensely and you will feel good about this act of kindness.

